

YANKEE MAGAZINE'S

New England Church Supper

COOKBOOK



YANKEE's
New England Church Supper
Cookbook

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"Early Evening"
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INTRODUCTION

They can take the form of a ham and bean supper, a spaghetti supper, or pancake breakfast served in a school cafeteria, a church basement or a town hall — whatever the menu or the venue, church suppers consistently serve up traditional, tasty New England fare.

Decidedly down to earth, church suppers do more than offer townsfolk a hearty meal and a few hundred dollars for a worthy cause. They provide an excuse for the whole community to come together, teens and great-grandchildren, shopkeepers and doctors, conservatives and liberals, in a place where those differences seem to fade and they have a chance to just relax, catch up on each others' lives and share a good meal. Breaking bread together seems to help keep a town together. The event also helps to preserve a sense of tradition in a community, a reminder of a common past and a future held together by an event in which the faces change as the decades pass, but tradition is passed on. It is traditions like these that help towns weather the pressures that sometimes threaten to tear them apart.

We don't know when they started, but they've been around as long as anyone around here can remember. The annual appearance of a sign at the front of the church announcing the event is a comforting sight, a reminder that some things don't ever really change, and like spring, the church supper will return year after year.

We have created this cookbook, excerpted from our recently published, *Yankee's Church Supper and Pot Luck Dinner Cookbook*, (Villard Books, available in book stores everywhere), to make sure that in this age of couch potatoes and Internet chat rooms, we don't lose something important: the tradition and connectedness provided by the traditional New England church supper. This book contains some of our favorites from church groups all over New England, and we've also included a chapter of classic church supper fare in quantities to feed a crowd. We've also included tips for putting on a successful church supper (in case you find yourself wanting to start or restart the tradition in your community and you have no one to teach you the ropes). And a table to help you calculate how much soup, spaghetti sauce and coffee you'll need to prepare.

So put on your apron and cook up a tradition. Bon appetit!

YANKEE Magazine

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Helpful Tips for Putting on a Successful, Traditional New England Church Supper

Soups, Chowders & Stews

Main Dish Minestrone

Yield: 6 to 8 servings

ADAPTED FROM A RECIPE BY JUAN CARLOS VIL, BRIDGEMAN'S COUNTRY, WYMAN'S CUTS, COLLEEN, NEW HAMPSHIRE

A flavorful soup, made mostly from ingredients already on the kitchen shelf. Serve with a fresh, crusty bread for a hearty meal.

- 1 tablespoon olive oil
- 1/2 pound sweet or hot Italian sausage, crumbled
- 1 large onion, chopped
- 1 garlic clove, minced
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1/2 cup chopped green bell pepper
- 1 can (16 ounces) whole tomatoes
- 4 cups chicken stock or broth
- 2 cups shredded cabbage
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon dried basil
- 1 bay leaf
- pinch dried thyme
- 1/2 cup uncooked elbow macaroni
- 1 cup cooked kidney beans
- freshly grated Parmesan cheese (optional)

In a large saucepan or stockpot, heat the oil. Add the sausage and cook until browned. Drain off all but 1 tablespoon of the fat. Add the onion, garlic, celery, carrot, and green pepper and sauté until the vegetables are soft, about 5 minutes. Add the tomatoes with their liquid, chicken stock, cabbage, and herbs. Bring to a boil, cover, and simmer for 30 minutes. Add the macaroni and beans and cook until the macaroni is tender, about 30 minutes. Remove the bay leaf before serving. Sprinkle each serving with Parmesan cheese, if desired.

Golianka (Fish Soup)

Yield: 6 to 8 servings

N.W. Annual, M.D., BENJAMIN HISTORICAL SOCIETY, BUNGAROW, NEW HAMPSHIRE

This soup can be served either slightly warm or piping hot — good for guests at any time of year.

- 2 cups chopped onions**
- 1 bay leaf**
- 2 to 3 sprigs fresh parsley**
- 3 teaspoons salt**
- 6 cups water**
- 2-1/2 pounds salmon steaks (or substitute halibut or haddock)**
- 4 to 6 tablespoons (1/2 to 3/4 stick) butter**
- 2 medium-size cucumbers, peeled, halved, seeded, and chopped into 1/2-inch cubes**
- 4 tomatoes, peeled, seeded, and coarsely chopped**
- 1 quart clam juice or other fish broth**
- 1/2 teaspoon white pepper**
- 2 tablespoons chopped black olives, rinsed**
- 2 tablespoons chopped fresh parsley, fennel, or cilantro**
- 10 pitted black olives**
- 1 lemon, thinly sliced**

In a large saucepan or stockpot, combine 1 cup of the chopped onions, bay leaf, parsley, salt, and water. Cover and bring to a boil over high heat. Add the fish. Reduce the heat and simmer, uncovered, for about 6 minutes, or until the fish is firm to the touch. Remove the fish and cut into 1-inch chunks. Strain the broth through a fine sieve, pressing down on the onions to extract all the juice. Set aside.

Wipe out the saucepan and melt the butter in the pan. Add the remaining 1 cup of chopped onions and sauté until the onions are soft but not brown, about 5 minutes. Then add the cucumbers and tomatoes and simmer for about 10 minutes. Add the reserved fish broth and the 1 quart clam broth or other fish broth, along with the remaining ingredients. Simmer for about 15 minutes. Then add the fish and continue simmering until the fish is warmed through. Serve hot or warm.

Fruit Root Soup

Yield: 6 servings

KOSCIUSKO, PLUMMER TO GUYTON, THOMAS, HUNTERTON, NEW BRUNSWICK

Inspired by a traditional Finnish recipe, this soup is delicious served either as an appetizer or as a main course with a hearty dark bread and a sharp cheese.

- 2 tablespoons olive oil
- 1 medium-size onion, chopped
- 5 medium-size parsnips, peeled and sliced
- 4 to 5 medium-size carrots, sliced
- 1 sweet potato, peeled and sliced
- 1 ripe pear, peeled, cored, and chopped
- 2 cans (14 ounces each) chicken or vegetable broth
- 2 cups water
- 1/2 cup white wine or apple cider (or juice)
- 1 teaspoon black pepper
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin

In a large soupçon or stockpot, heat the olive oil over medium-high heat. Add the onion, parsnips, carrots, sweet potato, and pear, and sauté for 10 to 15 minutes. Add the broth, water, wine, and all the spices. Simmer for 20 minutes. Let cool slightly, then purée in a food processor or blender until smooth. Serve hot.

Dorset Black Bean Soup

Yield: 6 to 10 servings

POPE, CHURCH, DORSET HISTORICAL SOCIETY, DORSET, VIRGINIA

A good soup that's low in fat.

- 1 pound dry black beans
- 6 cups defatted chicken, vegetable, or ham broth
- 1 bay leaf
- 1 large or 2 medium-size onions, chopped
- 1 celery stalk, including leaves, chopped
- 2 green bell peppers, chopped
- 1 large tomato, peeled and chopped
- 1 to 3 garlic cloves, minced

(continued)

6 serrano chili peppers (or to taste)
1 can (6 ounces) tomato paste
1/4 teaspoon hot pepper sauce
1/4 teaspoon black pepper
2 tablespoons Worcestershire sauce
lemon slices, to garnish

Wash the beans. Combine with water to cover in a large saucepan or stockpot and soak overnight.

The next morning, drain the beans. Combine the beans with 2 cups water, the broth, and the bay leaf. Bring to a boil, then reduce the heat and simmer for 1-1½ hours. Add the remaining ingredients, except the lemon slices, and simmer for 2 hours.

Remove the bay leaf. Blend the soup in a blender for a smooth soup or mash the beans with a potato masher for a chunky soup. Serve hot, garnishing each bowl with a slice of lemon.

Zucchini-Potato Soup

Yield: 8 servings

CORA LAPOINTE, AUMONIER DIOCESE OF WORCESTER COUNTY EXTENSION SERVICE,
AUBURN, MAINE 04293

Very different, very flavorful and very good — a big hit even with those who aren't normally fond of soup.

5 cups chicken broth
1 pound zucchini (4 small), thinly sliced
1 large potato, thinly sliced
1 large onion, thinly sliced
3 eggs
2 tablespoons lemon juice
salt and pepper to taste

In a large saucepan, bring the broth to a boil. Add the zucchini, potato, and onion. Reduce the heat and simmer, covered, for 15 minutes.

In a small bowl, beat the eggs. Add the lemon juice and 1½ cup of the broth. Stir into the soup. Increase the heat to medium and heat for one minute, stirring constantly; do not boil. Season to taste with salt and pepper and serve immediately. Note: be sure to follow the directions carefully when adding the eggs and lemon juice; otherwise the mixture is likely to curdle.

Cold Strawberry Soup

Yield: 8 to 10 servings

CHURCH BELLAR, ST. PETER'S EVANGELICAL CHURCH, WINTHROP, MASSACHUSETTS

Cool and refreshing — this soup is a winner during strawberry season.

- 2 quarts fresh strawberries
- 1 cup white sugar
- 2 cups water
- 1/4 cup fresh lemon juice
- grated zest of 1 lemon
- 2 cups Rhine wine

In a food processor or blender, purée the berries. Set aside.

In a small saucepan, combine the sugar and water. Boil for 10 minutes to make a sugar syrup. Cool.

Add the berries to the cooled syrup. Stir in the lemon juice and zest. Chill well. Just before serving, stir in the wine.

Cream of Broccoli Soup

Yield: 8 to 10 servings

NATHAN BORDO, NEW ENGLAND HISTORICAL ORTHODOX SOCIETY,
BOSTON, MASSACHUSETTS

A wonderful lunch when served with an herb bread and a fruit dessert. The non-puréed soup has plenty of flavor and plenty of texture. If you prefer an even stronger flavor, try substituting a sharper variety for all or part of the cheese.

- 6 cups water
- 10 ounces fresh or frozen chopped broccoli
- 3/4 cup finely chopped onion
- 2 cups shredded American cheese
- 2 teaspoons salt
- 2 teaspoons white pepper
- 1 teaspoon garlic powder
- 1 cup milk
- 1 cup light cream
- 1/4 cup butter
- 1/2 cup cold water
- 1/3 cup all-purpose white flour

(continued)

ring, covered, 45

Vegetable Chowder

100-gram 100-gram 100-gram 100-gram 100-gram 100-gram 100-gram 100-gram 100-gram 100-gram

- 2 cups diced and peeled potatoes
- 1 cup diced celery
- 1 onion finely diced or 1 tablespoon dried onion
- 2 tablespoons salt
- 2 cups water
- 1 4 cup 1 stick butter or margarine
- 1 4 cup all-purpose white flour
- 1 teaspoon dry mustard
- 3 cups milk
- 1 tablespoon steak sauce
- 4 slices American cheese, diced
- 1 can (28 ounces) tomatoes, chopped
- pepper to taste

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- 2 cans (6 1/2 ounces each) tiny shrimp
drained and rinsed
- 2 cans (6 1/2 ounces each) chopped clams
- 2 cans (12 ounces each) evaporated milk
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1/4 teaspoon chopped fresh parsley
- salt and pepper to taste

1. In a large pot, combine the shrimp, clams, evaporated milk, basil, thyme, and parsley. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt and pepper to taste. Serve hot.

Rel-A-P and Soup

Southern Charmelle's Cookbook

Rel-A-P and Soup (1944) by Southern Charmelle

Rel-A-P and Soup is a great first soup recipe.

- 1/2 to 1 pound green cabbage cut in bite size pieces
- 1 green bell pepper, chopped
- 2 celery stalks, chopped
- 2 medium size onions, chopped
- 1 can (16 ounces) tomatoes, with liquid, chopped
- 2 bouillon cubes
- 1 teaspoon celery seeds
- 1 teaspoon dried basil
- 2 teaspoons dried oregano
- 1/2 teaspoon garlic powder
- 2 or more quarts water
- salt and pepper to taste
- 2 cups diced cooked turkey or beef

1. In a large pot, combine the cabbage, bell pepper, celery, onions, tomatoes, bouillon cubes, celery seeds, basil, oregano, and garlic powder. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt and pepper to taste. Add the cooked turkey or beef and serve hot.

evening meal has a touch of everything.

- 2 pounds London broil, cubed
- 2 large onions, diced
- 2 large potatoes, peeled and diced
- 3 carrots, diced
- 3 to 4 stalks celery, chopped
- 2 garlic cloves, minced
- 1 cup tomato juice or 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 tablespoons lemon juice
- 2 tablespoons white sugar
- 1 tablespoon ground allspice
- 1 tablespoon mild paprika
- 3 tablespoons beef fat or 2 tablespoons vegetable oil
- 3 tablespoons all-purpose white flour
- salt and pepper to taste

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Salads & Dressings

Mary's Spinach Salad

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1/2 cup honey

1/2 onion, thinly sliced

1/4 cup vegetable oil

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2 hard-boiled eggs oversteamed

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5 slices bacon fried crisp and crumbled

} Publications received online

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1 teaspoon Worcestershire
sauce

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Seven-Layer Salad

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S.M. MONTAUDO, J.M. JORDANOS AND

1 head lettuce, torn in bite-size pieces

1 cup diced green bell pepper

1 cup chopped celery

1 cup dried onion

11

- 1 package (16 ounces) frozen peas, thawed
- 2 cups mayonnaise
- 1 tablespoon white sugar
- 5 slices bacon, fried crisp and crumbled
- 3/4 cup grated Cheddar cheese

and refrigerate for 2 hours before serving.

Broccoli Salad

Yield: 6 to 8 servings

- 4 cups broccoli florets
- 4 hard-boiled eggs, thinly sliced
- 1/2 cup (or more) thinly sliced onion
- 10 slices bacon, fried crisp and crumbled
- 1 cup mayonnaise
- 1/4 cup white sugar
- 3 tablespoons vinegar

making dressing

res. ighly

Mаринованные Vegetables

3 cups 300 g 10.58 ounces

for several days in the refrigerator

- 1/2 head cauliflower in small pieces
- 2 cups bite-size broccoli florets and stems
- 2 carrots, sliced
- 2 celery stalks, sliced 1 inch thick
- 1 small onion, sliced
- 1 green bell pepper cubed
- 3/4 to 1 cup stuffed green olives or pitted black olives
- Marinade**
- 3/4 cup white or wine vinegar
- 1/2 cup salad oil
- 2 tablespoons white sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 to 1 teaspoon dried oregano or mixed salad herbs
- 1/4 cup water

1. Wash and cut vegetables as directed. Place in a large bowl. 2. In a small bowl, combine vinegar, oil, sugar, salt, pepper, oregano, and water. 3. Pour marinade over vegetables. Toss gently. 4. Cover and refrigerate for at least 4 hours. 5. Serve chilled. 6. Makes 4 servings.

Потато Salad

3 cups 300 g 10.58 ounces

for 4 servings

- 4 cups cubed cooked potatoes
- 1 1/2 cups chopped celery
- 6 hard-boiled eggs, chopped
- 1/3 cup chopped radishes
- 1/2 cup chopped scallions

method 1)

- 1 cup chopped green bell pepper
- 1 teaspoon salt
- dash pepper
- 1 1/3 cups Miracle Whip salad dressing
- 2 tablespoons prepared mustard
- Cherry tomato halves, to garnish

ing. Garnish with cherry tomato halves.

Hot German Potato Salad

Serves 15 servings

For those who prefer their potato salad warm.

- 10 medium-size potatoes
- 1/4 pound bacon (21 slices)
- 1/4 cup wine vinegar
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 1 cups thinly sliced scallions

Return the potatoes to the pot.

For the dressing, combine the vinegar, salt, and pepper in a small bowl. Heat the oil in a large skillet over medium heat. Add the bacon and cook until browned. Remove from the heat.

bling. Remove from the heat.

Drain the potatoes and return them to the pot. Add the dressing and bacon. Stir well. Add the scallions and serve.

Italian-Style Pasta Salad

- 4 ounces vermicelli or spaghetti
1 jar (6 ounces) marinated artichoke hearts
1 very small zucchini, halved and thinly sliced
1 carrot, shredded
1 1/4 pound thinly sliced and chopped cooked ham
1 cup shredded mozzarella
2 tablespoons grated Parmesan cheese
2 tablespoons salad oil
2 tablespoons white wine vinegar
3/4 teaspoon dry mustard
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 garlic clove, minced

1. Cook pasta. Drain. Toss with several hearts

Chicken Salad

Yield: 1 serving

- 6 cups diced cooked chicken
3/4 cup crumbled Roquefort or blue cheese
1/2 cup coarsely chopped walnuts
3/4 cup olive oil
1/3 cup red wine vinegar
1 garlic clove, minced
1/3 cup chopped shallots or scallions

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 10 cups torn romaine lettuce (bite-size pieces)
- 4 avocados, sliced, to garnish
- 1 large red onion, sliced, to garnish
- 4 oranges, sliced, to garnish

1. In a large bowl, combine lettuce, tomatoes, cucumbers, and onions. Add dressing and toss well. Garnish with avocado, red onion, and oranges.

Quick and Easy Salad Dressing

Yield: 1 cup

1. In a small bowl, combine oil, vinegar, sugar, and salt. Whisk well.

- 1 cup salad oil
- 1/2 cup vinegar
- 1/2 cup white sugar
- dash salt
- 1-2 teaspoon celery seeds
- 1/4 teaspoon garlic salt

2. In a small bowl, combine oil, vinegar, sugar, and salt. Whisk well.

Vegetarian Main Dishes

Baked Ziti

Serves 4-6

A simple baked ziti recipe that is easy to make and delicious.

- 6 ounces dried ziti
- 1/2 pound carrots, sliced
- 1 red or green bell pepper, julienned
- 1 onion, sliced
- 1 zucchini, sliced
- 2 cups grated Cheddar or Swiss cheese
- 1/4 cup (1/2 stick) butter
- 1/4 cup all-purpose white flour
- 3 cups milk
- salt and pepper to taste

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Italian Zucchini Crescent Pie

Yield: 4-6 servings

- 3 tablespoons margarine or butter
- 4 cups thinly sliced zucchini
- 1 cup chopped onion
- 1/2 cup chopped fresh parsley or 3 tablespoons dried
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 2 eggs, beaten
- 8 ounces mozzarella cheese, shredded (2 cups)
- 1 can (9 ounces) crescent dinner rolls
- 2 teaspoons prepared mustard

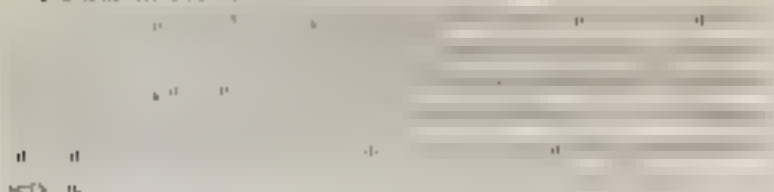
before serving

Fresh Tomato Pie

1 1/2 cups

- 2 cups bisquick mix
- 3/4 cup milk
- 4 medium-size tomatoes sliced 1/4 inch thick
- 1 green bell pepper sliced
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1/2 cups grated sharp Cheddar cheese
- 1/2 cup mayonnaise

Preheat the oven to 400°F.

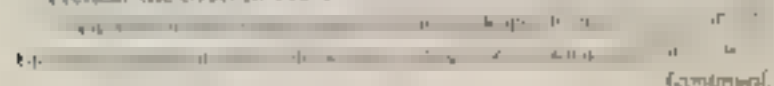


Broccoli Quiche

1 1/2 cups

- 1 package (10 ounces) frozen chopped broccoli
- 3 eggs
- 3/4 cup light cream or milk
- 1/8 teaspoon salt
- 1 1/2 cups shredded Monterey Jack cheese
- can 10 ounces sliced mushrooms, drained (optional)
- 1 unbaked 9-inch pie shell
- paprika

Preheat the oven to 350°F.



Main Dishes with Fish & Shellfish

Vermicelli with White Cream Sauce

- 2 cans (6 x 1 1/2 ounces each) minced clams in
1 cup freshly steamed and shocked clams
- 1/4 cup olive oil
- 1 to 2 tablespoons butter
- 4 garlic cloves, crushed
- 2 to 3 tablespoons chopped fresh parsley
- 1/2 teaspoon salt
- 8 ounces dried vermicelli

clam-steaming liquid and ver made

Salmon with Butter Sauce

20

MAKES 4 SERVINGS, 62 CALORIES PER SERVING, 10g TOTAL FAT, 10g CARBOHYDRATE, 10g PROTEIN

Prep Time: 10 minutes

Butter Sauce

- 2 large shallots, minced
- 1/2 cup dry white wine
- 2 tablespoons crème fraîche
- 1/2 cup + 1 stick cold unsalted butter, cut into pieces
- salt and pepper to taste

Fish

- 1 1/2 pounds center-cut salmon fillets with skin
- 1/2 teaspoon dried thyme
- salt and pepper
- 2 tablespoons unsalted butter
- fresh parsley sprigs to garnish

prepare the fish

fish with parsley

Sauce

Fish

Garnish

Serve

Quick and Easy Salmon Patties

Serves 4

plan: 15 minutes to shop

1 can (4 3/4 ounces) salmon, bones and skin removed

1 egg

3 cup minced onion

1/2 cup all-purpose white flour

1 1/2 teaspoons baking powder

1/2 cup finely crushed crackers or dry bread crumbs

Crisco or canola oil for frying

Preheat oven to 350°F. Drain salmon, reserving liquid. Mix salmon, egg, onion, flour, baking powder, and crumbs in a large bowl. Heat oil in a large skillet over medium heat. Drop mixture by 1/4 cupfuls into hot oil. Fry 3 to 4 minutes on each side. Drain on paper towels. Bake in oven 10 minutes. Serve with reserved salmon liquid.

Scallops in Wine Sauce

Serves 4

plan: 15 minutes to shop

1/2 cup water

1/3 cup dry white wine

1 teaspoon cider vinegar

1 pound bay scallops

2 tablespoons butter or margarine

2 tablespoons all-purpose white flour

1/3 cup mayonnaise

1/4 teaspoon ground thyme

salt and pepper to taste

15 minutes

reserve the cooking liquid

while butter and keep warm

Marinated Scallops

10 minutes

marinate *portion* *is* *sliced* *and* *sauté* *done*

1 pound bay scallops (or substitute sea scallops
cut in quarters)

1/3 cup dry vermouth

1 garlic clove, minced

salt and pepper

1/2 cup dry bread crumbs

6 tablespoons (3/4 stick) butter

minced fresh parsley, to garnish

lemon wedges, to garnish

1. *Marinate* *portion* *is* *sliced* *and* *sauté* *done*

2. *Marinate* *portion* *is* *sliced* *and* *sauté* *done*

3. *Marinate* *portion* *is* *sliced* *and* *sauté* *done*

4. *Marinate* *portion* *is* *sliced* *and* *sauté* *done*

5. *Marinate* *portion* *is* *sliced* *and* *sauté* *done*

Baked Scallops

6 servings

A great dinner party appetizer

- 2 pounds scallops
- 1/2 cup (1 stick) butter, melted
- 1/4 cup grated Parmesan cheese
- 1 cup crushed Ritz crackers
- 1 tablespoon lemon juice
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic salt
- 5 tablespoons dry vermouth

Preheat oven to 350°F. Wash and dry scallops. In a large bowl, combine melted butter, Parmesan cheese, crushed Ritz crackers, lemon juice, pepper, garlic salt, and vermouth. Mix well.

Brush scallops with butter mixture. Bake in a 350°F oven for 10 minutes. Serve hot.

Lobster Newburg

4 servings

Preheat oven to 350°F. Wash and dry scallops. In a large bowl, combine melted butter, Parmesan cheese, crushed Ritz crackers, lemon juice, pepper, garlic salt, and vermouth. Mix well.

- 2 tablespoons butter
- 1 tablespoon all-purpose white flour
- 1 1/2 cups cream (or use part milk)
- 2 cups (1 pound) cooked lobster meat
- 3 egg yolks, beaten
- 1/3 cup sherry
- 1 teaspoon salt

Melt butter in a saucepan over medium heat. Stir in flour and cook for 1 minute. Add cream and lobster meat. Stir in egg yolks, sherry, and salt. Cook for 10 minutes. Serve hot.

Shrimp Creole

Serves 4 persons

- 2 tablespoons butter
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 garlic clove minced
- 2 cups stewed tomatoes
- 1/2 teaspoon paprika
- salt and pepper to taste
- 1 pound shrimp, peeled and deveined

1. Melt butter in a large skillet. Add onion, green pepper, and garlic. Cook for 5 minutes. Add tomatoes, paprika, salt, and pepper. Simmer for 10 minutes. Add shrimp and cook for 5 minutes. Serve hot.

Shrimp Casserole

Serves 4 persons

RECIPE BY THE YOUNG WOMEN OF THE Y.M.C.A. OF
NEWTON, MASSACHUSETTS

- 2 pounds cooked, peeled shrimp
- 6 slices white bread, torn in bite-size pieces
- 6 ounces cheese (Cheddar is recommended), grated
- 2 tablespoons butter, melted
- 3 eggs, lightly beaten
- 2 teaspoons dry mustard
- 2 cups milk

1. Preheat oven to 350°F. Grease a 2-quart casserole dish. Place bread pieces in the dish. Add shrimp, cheese, butter, eggs, mustard, and milk. Mix well. Bake for 30 minutes. Serve hot.

Main Dishes with Chicken & Turkey

Special Roasted Chicken

Serves 4 servings

- 3-pound to 4-pound roasting chicken
- salt and pepper
- 1 lemon
- 5 garlic cloves, sliced in half lengthwise
- 1 tablespoon fresh or dried rosemary
- 1 teaspoon paprika

Preheat oven to 350°F. Rub chicken with salt and pepper. Squeeze lemon juice over chicken. Place garlic slices, rosemary, and paprika around chicken in roasting pan. Roast chicken for 1 hour and 15 minutes. Let chicken rest for 10 minutes before carving. Serve with roasted vegetables and potatoes.

Chicken and Rice Casserole

Serves 4

2 to 3 pounds chicken pieces with skins removed

(6 to 10 thighs or 4 to 6 breasts)

salt and pepper

2 tablespoons olive oil

1 medium onion, cut in thin slices

2-1/2 cups water

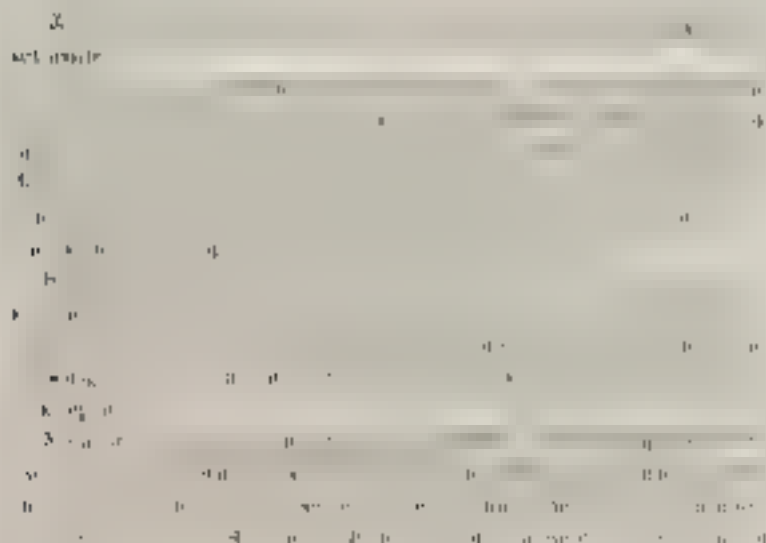
1 tablespoon dried oregano

5 tablespoons ketchup

1 cup uncooked long grain white rice

1 red bell pepper, cubed

1 cup frozen peas



15 minutes. Serve with the chicken.

French Chicken

Yield: 4 servings

Recipe first in fabulous model

- 3 tablespoons margarine
- 3 to 4 pounds chicken quarters
- 1 small onion, minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 3/4 cup dry white wine
- 2 tablespoons sherry
- 1 cup light cream
- juice of 1/2 lemon

In a large skillet over medium heat melt the margarine. Add the chicken, onion, salt, and pepper. Cook until the chicken is browned. Add the wine, sherry, and herbs. Simmer for 10 minutes. Add the cream and lemon juice. Stir and serve over the chicken and serve.

Teriyaki-Lemon Chicken

Yield: 6 servings

Recipe first in fabulous model

- 3 whole chicken breasts, boned, skinned, and split
- 1/4 cup all-purpose white flour
- 2 to 4 tablespoons unsalted butter
- 1/3 cup teriyaki sauce
- 3 tablespoons lemon juice
- 1 teaspoon minced garlic
- 1/2 teaspoon white sugar

Flavorful Buttermilk Chicken

Serves 4 • 15 minutes

1 1/2 cups all-purpose white flour
2/3 cup grated Parmesan cheese
3/4 teaspoon paprika
3/4 teaspoon dried oregano
1/4 teaspoon pepper
4 whole chicken breasts, skinned and split
1 cup buttermilk
1/4 to 1/2 cup (1/2 to 1 stick) butter, melted

for easy cleanup

1. Preheat oven to 350°F. Grease a large broiler pan.

2. Dip each chicken breast into the buttermilk, then into the flour mixture, coating well. Place in the broiler pan.

Turkey-Almond Casserole

Serves 4 • 30 minutes

1/4 cup (1/2 stick) butter
1/4 cup all-purpose white flour
1 cup chicken broth
3/4 cup milk
2 tablespoons sherry
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups cubed cooked turkey or chicken
1 can (4 ounces) sliced mushrooms, drained
1 can (8 ounces) sliced water chestnuts, drained

Turkey Almond Casserole (continued)

2 3 cup covered or whole almonds
1 medium-size onion, minced
paprika

Preheat oven to 350°F.

Wild Rice and Turkey Casserole

Preheat oven to 350°F.

1 cup wild rice
1/4 cup (1/2 stick) butter
16 ounces mushrooms, sliced
1/2 cup chopped onion
1-1/4 cups heavy cream
3 cups dried cooked turkey
1 2 cup blanched sliced almonds
3 cups chicken broth
salt and pepper to taste

Preheat oven to 350°F.

Main Dishes with Meat

Party Casserole

Serves 4 to 8 servings

1 8-ounce can tomato sauce
1 8-ounce can tomato paste

- 8 ounces medium-wide spinach noodles
- 1 to 1 1/2 pounds ground beef
- 1 onion, finely chopped
- 2 cans (8 ounces each) tomato sauce
- 1/2 teaspoon dried oregano
- 1 package (8 ounces) cream cheese, at room temperature
- 1/4 cup sour cream
- 1 cup cottage cheese
- 3 scallions, finely chopped
- 1 teaspoon salt
- dash pepper
- 1/4 cup grated Parmesan cheese (optional)

Preheat oven to 350°F. Cook noodles in boiling water until al dente. Drain.

In a large bowl, combine ground beef, onion, tomato sauce, tomato paste, oregano, salt, and pepper. Cook over medium heat until beef is browned and onion is softened. Drain excess fat.

Layer noodles, meat mixture, and cottage cheese in a 9x13-inch baking dish. Repeat layers. Top with Parmesan cheese. Bake for 30 minutes. Let stand 5 minutes before serving.

Island Teriyaki

Yield: 4 to 6 servings

Ingredients

- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons olive oil
- 1 teaspoon ground ginger
- 1/4 teaspoon cracked pepper
- 2 garlic cloves, minced
- 1 1/2 pounds beefsteak (sirloin, London broil, etc.)

1. Combine soy sauce, brown sugar, olive oil, ground ginger, cracked pepper, and minced garlic in a small saucepan. Bring to a boil and simmer for 10 minutes. 2. Heat a large skillet over medium-high heat. 3. Cook the beefsteak in the skillet for 4 to 6 minutes, turning once. 4. Drizzle the teriyaki sauce over the beefsteak. 5. Serve immediately.

desired doneness

Swedish Meatballs

Yield: 4 to 6 servings

Yield

Ingredients

- 3 slices white bread
- 3/4 cup milk
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 1/4 teaspoon sugar
- salt and pepper to taste
- 2 pounds ground beef
- 1/2 cup all-purpose white flour
- 2 tablespoons margarine or vegetable oil

1. Soak the bread in the milk for 5 minutes. 2. Drain the bread and squeeze out the excess milk. 3. Chop the bread into small pieces. 4. In a large bowl, combine the bread, milk, onion, egg, sugar, salt, and pepper. 5. Add the ground beef and mix well. 6. Heat a large skillet over medium heat. 7. Add the oil and cook the meatballs for 10 minutes, turning once. 8. Sprinkle the flour over the meatballs. 9. Cook for 5 minutes more. 10. Serve with a sauce of your choice.

refrigerator and baked here before serving

- 1 package (12 ounces) jumbo shells
- 1 pound ground beef
- 1 pound hot Italian sausage casings removed
- 1 carton (15 ounces) ricotta or low fat cottage cheese
- 16 ounces mozzarella cheese shredded (about 3 cups)
- garlic powder oregano, basil, salt and pepper to taste
- 1 jar 14 ounces spaghetti sauce
- grated Parmesan cheese
- chopped fresh parsley to garnish

cover with cold water and set aside

Beef 'N' Biscuit Casserole

40

10

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/4 cup diced green bell pepper
- 1 can (8 ounces) tomato sauce
- 2 teaspoons chili powder
- 1/2 teaspoon garlic salt
- 1 can 8 ounces refrigerated buttermilk biscuits
- 1 1/2 cups grated Cheddar cheese
- 1/2 cup sour cream
- 1 egg, slightly beaten

Beef 'N' Beans Casserole (continued)

	lb	oz		lb	oz		lb	oz
1	0	0	1	0	0	1	0	0
2	0	0	2	0	0	2	0	0
3	0	0	3	0	0	3	0	0
4	0	0	4	0	0	4	0	0
5	0	0	5	0	0	5	0	0
6	0	0	6	0	0	6	0	0
7	0	0	7	0	0	7	0	0
8	0	0	8	0	0	8	0	0
9	0	0	9	0	0	9	0	0
10	0	0	10	0	0	10	0	0

cream and egg.

1	0	0	1	0	0	1	0	0
2	0	0	2	0	0	2	0	0
3	0	0	3	0	0	3	0	0
4	0	0	4	0	0	4	0	0
5	0	0	5	0	0	5	0	0
6	0	0	6	0	0	6	0	0
7	0	0	7	0	0	7	0	0
8	0	0	8	0	0	8	0	0
9	0	0	9	0	0	9	0	0
10	0	0	10	0	0	10	0	0

+5 to 10 minutes, until golden brown.

Seven-Layer Dinner

Yield: 4 to 6 servings

- 1 pound ground beef
- 4 medium-size potatoes, peeled and sliced
- 1 cup sliced onions
- 1/2 cup uncooked rice
- 1 can (5 ounces) diced tomatoes
- 1 green bell pepper, sliced
- 1 stalk celery, sliced
- 1 cup sliced mushrooms
- 4 slices bacon
- cold water

Preheat the oven to 350°F.

1	0	0	1	0	0	1	0	0
2	0	0	2	0	0	2	0	0
3	0	0	3	0	0	3	0	0
4	0	0	4	0	0	4	0	0
5	0	0	5	0	0	5	0	0
6	0	0	6	0	0	6	0	0
7	0	0	7	0	0	7	0	0
8	0	0	8	0	0	8	0	0
9	0	0	9	0	0	9	0	0
10	0	0	10	0	0	10	0	0

Sweet-and-Sour Meatballs

Serves 4 • 45 minutes

★ ★

1 lb lean ground beef 1/2 cup ketchup 1/4 cup soy sauce 1/4 cup vinegar 1/4 cup brown sugar 1/4 cup cornstarch 1/4 cup water 1/4 cup oil

the frozen

- 2 pounds lean ground beef
- 1 cup cornflake crumbs
- 1/3 cup dried parsley
- 2 eggs, lightly beaten
- 2 teaspoons soy sauce
- 1/4 cup ketchup
- 2 teaspoons minced onion
- 2 tablespoons solid vegetable shortening
- 1 can (16 ounces) whole berry cranberry sauce
- 1 bottle (12 ounces) chili sauce
- 2 teaspoons brown sugar
- 1 teaspoon lemon juice

1. Preheat oven to 350°F. In a large bowl, combine ground beef, cornflake crumbs, parsley, eggs, soy sauce, ketchup, onion, and shortening. Mix well.

2. Roll mixture into 1-inch balls. Place in a large bowl. Add cranberry sauce, chili sauce, brown sugar, and lemon juice. Mix well.

3. Bake in a 9x13-inch pan for 30 minutes. Turn once. Bake 15 minutes more. Serve hot.

and golf balls

4. If you prefer, you can bake the meatballs in a 9x13-inch pan for 30 minutes, turn once, and bake 15 minutes more. Serve hot.

5. If you prefer, you can bake the meatballs in a 9x13-inch pan for 30 minutes, turn once, and bake 15 minutes more. Serve hot.

6. If you prefer, you can bake the meatballs in a 9x13-inch pan for 30 minutes, turn once, and bake 15 minutes more. Serve hot.

7. If you prefer, you can bake the meatballs in a 9x13-inch pan for 30 minutes, turn once, and bake 15 minutes more. Serve hot.

8. If you prefer, you can bake the meatballs in a 9x13-inch pan for 30 minutes, turn once, and bake 15 minutes more. Serve hot.

20 to 30 minutes and serve hot

Chinese Rice

Serves 4 • 15 minutes

1/2 cup oil 1/2 cup soy sauce 1/2 cup vinegar 1/2 cup brown sugar 1/2 cup cornstarch 1/2 cup water 1/2 cup oil

1. Preheat oven to 350°F. In a large bowl, combine oil, soy sauce, vinegar, brown sugar, cornstarch, and water. Mix well.

2. If you prefer, you can bake the meatballs in a 9x13-inch pan for 30 minutes, turn once, and bake 15 minutes more. Serve hot.

- 2 tablespoons vegetable oil
- 1 cup chopped cooked meat
- 4 cups cooked white rice (2 cups uncooked)
- 1/2 cup canned sliced mushrooms, drained
- 1 1/2 tablespoons chopped scallions

1/2 cup

- 1 red bell pepper, diced
- 2 tomatoes, diced
- 1 hard-boiled egg, sliced
- 2 to 3 tablespoons soy sauce (or more to taste)
- 2 to 3 tablespoons brown sugar
- 1/4 teaspoon celery seeds

1. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well.

Ruth's Lasagna

Serves 8 to 10 (average)

Prep Time: 15 minutes

1. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well.

- 16 ounces dried lasagna noodles
- 1 1/4 pounds chuck, chopped
- 1 bottle (24 ounces) spaghetti sauce with mushrooms
- 1 tablespoon white sugar
- 1 1/2 pounds cottage cheese
- 7 eggs, lightly beaten
- 1/4 teaspoon cayenne pepper
- 3/4 pound mozzarella cheese, shredded
- grated Parmesan cheese
- 1 cup milk

1. Cook the spaghetti sauce in a large pot on the stove. Add the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 2. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well.

3. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 4. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 5. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 6. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 7. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 8. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 9. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well. 10. In a large bowl, combine the chicken, rice, and vegetables. Add the soy sauce, brown sugar, and celery seeds. Mix well.

Barbecued Meat Loaves

Page 4 Recipe

1. Preheat oven to 350°F. Grease a 9x5 inch loaf pan.

Meat Loaves:

- 1 pound lean ground beef
- 1 egg, lightly beaten
- 1/4 cup fine dry bread crumbs or cornflake crumbs
- 1 tablespoon dried parsley
- 1/4 cup water
- 2 tablespoons chopped onion
- 2 tablespoons prepared horseradish
- 1 teaspoon salt
- 1/8 teaspoon pepper

Sauce:

- 1/2 cup chili sauce
- 3 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1-2 teaspoon dry mustard
- dash Tabasco sauce

2. Mix meat, egg, bread crumbs, parsley, water, onion, horseradish, salt, and pepper. Shape into a loaf in the prepared pan. Bake for 1 hour. Meanwhile, mix sauce ingredients. Brush sauce over meat loaf. Bake for 30 minutes more. Slice and serve.

Apple Glazed Pork Tenderloin

5 1/2 cups of marinade

Marinade: 1/2 cup of oil, 1/2 cup of vinegar

Simple elegant with a wonderful flavor

- 2 whole pork tenderloins (each about 3,4 pound)
- 1/2 cup bourbon
- 1/2 cup unfiltered apple cider
- 1/4 cup firmly packed brown sugar
- 1/8 teaspoon cinnamon

10. 10 minutes before serving

Shredded Potato and Ham Pie

Vegetarian Diet

- 4 eggs, lightly beaten
- 1 cup frozen mixed peas and carrots
- 1 cup chopped cooked ham
- 1 1/2 cup shredded Cheddar cheese (6 ounces)
- 1/2 cup milk
- 1 4 teaspoon dried minced onion or 1 tablespoon minced fresh onion
- 2 medium-size potatoes, peeled and shredded (about 2 cups)

well. Set aside

Serve warm

Cranberry Pork Chops

1994 4 24 1995

— $\Delta H_{\text{f}}^{\circ}(\text{C}_2\text{H}_5\text{Br}) = -84.7 \text{ kJ mol}^{-1}$

- 4 thick-cut pork chops
- 1 can (16 ounces) whole-berry cranberry sauce
- 1 tablespoon honey
- 1/4 teaspoon ground cloves
- 4 orange slices with peel, to garnish (optional)

Garnish with the orange slices.

Hot Peppered Lamb

Abstract

Ex. 1 Let $f(x) = x^2 + 1$. Find $f'(x)$.

- 1/4 cup (1/2 stick) butter
- 1/3 cup chopped sweet or hot pepper
- 2 medium-size onions, chopped
- 1 cup chopped fresh mushrooms
- 2 garlic cloves, minced
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt
- black pepper to taste
- 1 1/2 cups diced cooked lamb

[illegible]

Meat Pie

Yield: 6 servings

Old-Fashioned Maine

For the Filling: 20 minutes

Filling:

- 3 tablespoons vegetable oil
- 1 1/2 pounds lamb, beef, pork, or veal, diced
- 1 large onion, chopped
- 2 cups peeled and diced potatoes
- 2 cups diced turnips
- 1 cup sliced carrots
- 1 cup water
- 1 tablespoon salt (or to taste)
- 1/8 teaspoon pepper

Crust:

- 1 1/2 cups all-purpose white flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 3 tablespoons butter or solid vegetable shortening
- 3/4 cup milk (can use skim or low-fat)

Preheat oven to 350°F.		In a large skillet, heat the oil.		Add the meat and cook until browned.		Add the onion and cook until softened.		Add the potatoes, turnips, and carrots.		Add the water, salt, and pepper.		Simmer for 15 minutes.	
Meanwhile, in a large bowl, mix the flour, baking powder, and salt.		Cut the butter or shortening into the flour mixture.		Add the milk and mix until a dough forms.		Roll out the dough on a floured surface.		Use the dough to line a pie dish.		Pour the filling into the pie dish.		Cover the top with the remaining dough.	
Bake for 45 minutes.		Serve hot.											

Bake for about 45 minutes. Serve hot.

Vegetables & Side Dishes

Green Beans Viennese

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- 1 package (16 ounces) frozen cut green beans
- 1 tablespoon butter
- 1/4 cup chopped onion
- 1 tablespoon salt-purposé white flour
- 1 teaspoon salt
- dash pepper
- 2 cup chicken broth
- 2 tablespoons snipped fresh parsley
- 1 tablespoon vinegar
- 1/4 teaspoon dried dillweed
- 1/3 cup soft cream

444

eventually, until heated through.

Stuffy Brussels Sprouts

Yield: 6 servings

Ingredients: 1 package (10 ounces each) frozen brussels sprouts
1/2 cup (1 stick) margarine or butter
1/4 cup chopped walnuts
3/4 teaspoon salt
1/2 teaspoon ground ginger

1 package (10 ounces each) frozen brussels sprouts
1/2 cup (1 stick) margarine or butter
1/4 cup chopped walnuts
3/4 teaspoon salt
1/2 teaspoon ground ginger

1. Preheat oven to 350°F. Thaw sprouts. Drain. Toss with margarine, walnuts, salt, and ginger. Spread in a single layer on a baking sheet. Bake 15 minutes. Turn. Bake 10 minutes more. Serve hot.

and you will. Serve hot.

Cinnamon Carrots

Yield: 6 servings

Ingredients: 1/2 cup (1 stick) margarine or butter
1/4 cup white sugar
1/2 teaspoon salt
1/4 to 1/2 teaspoon ground cinnamon
1/3 cup boiling water

Ingredients: 1/2 cup (1 stick) margarine or butter
1/4 cup white sugar
1/2 teaspoon salt
1/4 to 1/2 teaspoon ground cinnamon
1/3 cup boiling water

1 to 1 1/2 pounds carrots, sliced
1/3 cup butter, at room temperature
1/2 cup white sugar
1 teaspoon salt
1/4 to 1/2 teaspoon ground cinnamon
1/3 cup boiling water

1. Preheat oven to 350°F. Thaw butter. Drain carrots. Toss with butter, sugar, salt, and cinnamon. Spread in a single layer on a baking sheet. Bake 15 minutes. Turn. Bake 10 minutes more. Serve hot.

2. In a microwave box, combine carrots, butter, sugar, salt, and cinnamon. Microwave for 10 minutes.

Curried Carrots

Yield: 4 to 8 servings

- 1 pound carrots, sliced 1 inch thick
- 2 tablespoons butter
- 2 to 3 teaspoons curry powder
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/3 cup chopped pecans or walnuts

Preheat oven to 350°F. Toss carrots with butter, curry powder, pepper, lemon juice, and honey. Spread in a single layer on a baking sheet. Bake 20 to 25 minutes, stirring once. Sprinkle with nuts and serve immediately.

Scalloped Spinach

Yield: 4 to 8 servings

- 1 pound frozen chopped spinach, thawed
- 3 package (10 ounces each) frozen chopped spinach
- 1/2 to 1 package dry onion soup mix
- 1 cup sour cream
- bread crumbs
- butter
- 1/4 cup grated Parmesan cheese

Preheat oven to 350°F. Drain spinach well. Mix with onion soup mix, sour cream, and butter. Spread in a 9x13 inch baking dish. Sprinkle with bread crumbs and Parmesan cheese. Bake 20 to 25 minutes.

Baked Summer Squash

Serves 6 to 8 people

5 min. to ready to bake it

3 pounds yellow squash or zucchini

1/2 cup (1 stick) butter, melted

1/2 cup chopped onion

2 eggs, lightly beaten

1 tablespoon sugar

1 teaspoon salt

1/2 teaspoon pepper

1 cup fresh bread crumbs

Heat the oven to 375°F

Maple Nut Winter Squash

Serves 6 to 8 people

Very easy and very good

2 large butternut or medium-size butternut squash

1/3 cup maple sugar or brown sugar

2/3 cup margarine or butter, at room temperature

1/2 to 3/4 cup chopped nuts (walnuts, pecans or hickory nuts)

Golden Potato Squares

Yield 6 servings

Prep. 15 min.

Time 20 minutes (includes cooking)

- 5 pounds potatoes
- $\frac{2}{3}$ cup butter, melted
- 1 cup chopped onion
- 1 can (12 ounces) evaporated milk
- 4 eggs, beaten
- 2 $\frac{1}{2}$ teaspoons salt
- 1 $\frac{1}{4}$ teaspoon pepper
- 2 $\frac{1}{4}$ cups shredded Cheddar cheese

Preheat oven to 350°. Wash and peel potatoes; cut into 1-inch cubes. Place in a large bowl. Add butter, onion, milk, eggs, salt, and pepper. Mix well. Spread mixture in a 9x13-inch baking dish.

Top with cheese. Bake at 350° for 45 minutes. Let stand 5 minutes before serving.

the heat

If you prefer, you can bake the squares in a 11x17-inch pan.

For a crispier crust, broil the squares for 5 minutes after baking.

For a lighter recipe, use 1 cup of evaporated milk and 2 eggs.

For a more flavorful recipe, add 1 cup of shredded Cheddar cheese.

For a more flavorful recipe, add 1 cup of shredded Cheddar cheese.

For a more flavorful recipe, add 1 cup of shredded Cheddar cheese.

Orange-Glazed Sweet Potatoes

Yield 6 servings

Prep. 10 min. Cook. 15 min. Total. 25 min.

Serv. 6

- 6 sweet potatoes or 1 can (15 ounces) vacuum-packed sweet potatoes (no syrup)
- 3 tablespoons butter
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{3}$ cup white sugar
- $\frac{1}{3}$ cup light brown sugar
- pinch salt

Zucchini Provençal

Serves 4

- 3 tablespoons olive oil
- 2/3 cup chopped onion
- 4 ounces mushrooms, sliced
- 8 to 10 small zucchini (3 to 2 pounds, sliced 1/4 inch thick)
- 2/3 cup grated Parmesan cheese (3 ounces)
- 2 cans (6 ounces each) tomato paste
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/8 teaspoon pepper

Preheat the oven to 350°F.

In a large skillet, heat the oil over medium heat. Add the onion and mushrooms. Cook for 5 minutes. Add the zucchini, tomato paste, garlic, salt, and pepper. Cook for 10 minutes. Sprinkle with the Parmesan cheese. Bake in the oven for 15 minutes, until heated through. Serve hot.

Breads & Muffins

Will Bread

YERIN, E. 2007.

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- 1 package active dry yeast
- 1/4 cup warm water
- 1 cup creamed cottage cheese
- 2 tablespoons honey
- 1 tablespoon chopped onion
- 1 tablespoon butter
- 3 tablespoons dried dillweed, dill seed, or a combination of both
- 1 teaspoon baking soda
- 1 egg, slightly beaten
- 2-3/2 cups all-purpose white flour
- melted butter to glaze

15. Turn the water on and let it run for 5 to 10 minutes.

[illegible]

Swedish Rye Bread

Yield 1 Loaf

and one small loaf

- 2 packages active dry yeast
- 4 tablespoons white sugar
- 1/2 cup warm water
- 2 cups hot water
- 1 cup cold water
- 1 cup milk
- 3 cups rye flour
- 9 to 10 cups all-purpose white flour
- 1 tablespoon salt
- 1/2 cup solid vegetable shortening, melted
- 1 cup (overflowing) molasses
- melted butter or margarine to glaze

1. In a large bowl, combine yeast, sugar, warm water, hot water, cold water, milk, rye flour, salt, shortening, and molasses. Stir until well mixed. Add all-purpose flour gradually, stirring until a soft dough is formed. Knead on a floured surface for 10 minutes. Roll into a ball and place in a greased loaf pan. Bake at 350°F for 1 hour. Glaze with melted butter or margarine.

a good white ball is formed

2. In a large bowl, combine yeast, sugar, warm water, hot water, cold water, milk, rye flour, salt, shortening, and molasses. Stir until well mixed. Add all-purpose flour gradually, stirring until a soft dough is formed. Knead on a floured surface for 10 minutes. Roll into a ball and place in a greased loaf pan. Bake at 350°F for 1 hour. Glaze with melted butter or margarine.

Super Bran Bread

Yield: 8 loaves

- 2 cups All-bran cereal
- 1/3 cup solid vegetable shortening
- 1 cup molasses
- 1 2 cups boiling water
- 2 eggs
- 2 cups bread flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon

Pour into the prepared pans.

Double Corn Bread

Yield: 8 loaves

- 1 cup all-purpose white flour
- 1 cup yellow cornmeal
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons white sugar (or more or less to taste)
- 1 can (11 ounces) corn
- approximately 3/4 cup milk
- 1 egg, slightly beaten
- 1/4 cup 1/2 stick) butter or margarine, melted

Yield: 8 loaves

Cardamom Coffee Braid

Y 10 servings

Dough:

- 1 1/2 cups milk
- 1 package active dry yeast or 1 cake yeast
- 3/4 cup white sugar
- 6-1/4 cups sifted all-purpose white flour
- 1/2 cup (1 stick) butter or margarine,
at room temperature
- 2 egg yolks and 1 whole egg
- 1 teaspoon ground cardamom
- 1 1/4 teaspoon salt

Topping:

- 2 tablespoons milk
- 6 tablespoons white sugar

1. In a large bowl, combine 1 cup milk and 1/2 cup warm water. Add yeast. Let stand 5 minutes. Add 3/4 cup sugar. Stir. Add 6-1/4 cups flour. Mix with a wooden spoon. Add 1/2 cup butter or margarine, softened. Add 2 egg yolks and 1 whole egg. Mix well. Knead dough on a floured surface until smooth and elastic. Roll into a ball. Place in a greased bowl. Cover and let rise in a warm place for 1 hour.

2. Roll dough into a rope about 1/2 inch thick. Cut into 12 equal pieces. Roll each piece into a ball. Place in a greased bowl. Cover and let rise in a warm place for 1 hour.

3. Roll each ball into a rope about 1/2 inch thick. Cut into 12 equal pieces. Roll each piece into a ball. Place in a greased bowl. Cover and let rise in a warm place for 1 hour.

4. Roll each ball into a rope about 1/2 inch thick. Cut into 12 equal pieces. Roll each piece into a ball. Place in a greased bowl. Cover and let rise in a warm place for 1 hour.

Apple-Ginger Quick Bread

Yield: 1 loaf or 4 mini bundt cakes

CRABAPPLE WEST BAKERY, MANHATTAN

- 2 cups whole-wheat pastry flour or all-purpose white flour
- 2 teaspoons baking powder
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 2 large eggs, beaten
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 3 medium-size tart apples, peeled and cut into 1/2-inch cubes
- 1/2 cup raisins and/or 1/2 cup unsalted mixed nuts (optional)

1. Preheat oven to 350°F. Grease a 9-inch loaf pan or 4 mini bundt pans.

6 mini bundt pans

- 1. In a large bowl, whisk together the flour, baking powder, ground ginger, and salt.
- 2. In a separate bowl, whisk together the eggs, brown sugar, and vegetable oil.
- 3. Pour the wet ingredients into the dry ingredients and mix until just combined.
- 4. Fold in the apples, raisins, and nuts (if using).
- 5. Divide the batter evenly among the 6 mini bundt pans.
- 6. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

The Best Fruit Muffins

Yield: 12 muffins

- 1 cup white sugar
- 1 egg
- 1 cup sour cream
- 1/4 cup vegetable oil
- 1 3/4 cups all-purpose white flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup diced fruit

Preheat the oven to 400°F. In a large bowl, combine the sugar, egg, sour cream, oil, and fruit. In another bowl, combine the flour, baking soda, and salt. Add the dry ingredients to the wet ingredients and mix until just combined. Spoon the batter into 12 muffin cups and bake for 15-20 minutes. Let cool for 5 minutes before serving.

HEAD

Zucchini-Oatmeal Muffins

Yield: 12 muffins

Yield: 12 muffins

SHOUT and delicious on the inside

- 2 eggs, beaten
- medium-size zucchini (about 10 ounces), shredded
- 1/4 cup vegetable oil
- 1 cup plain yogurt
- 2 1/2 cups all-purpose white flour
- 1 cup white sugar
- 1/2 cup rolled oats (not instant)
- 1 tablespoon baking powder

- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 cup chopped pecans

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Maple Syrup-Bran Muffins

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- 1 egg
- 1/2 cup sour cream
- 1/2 cup maple syrup
- 3/4 cup all-purpose white flour
- 1 teaspoon baking soda
- 1 1/4 cups branflakes
- 1/4 cup raisins
- 1/4 cup chopped pecans

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Serve hot

Recipes to Feed a Crowd

Griddle Cakes

Yield: 65 servings

4 cups buttermilk (or 4 cups sour milk)

20 cups sifted all-purpose white flour

3 cups white sugar

6 tablespoons plus 2 teaspoons baking soda

20 eggs

5 quarts buttermilk (or sour milk)

1 1/4 cups (2 1/2 sticks) butter or margarine, melted

to blend well

10 cups (20 ounces) sweetened condensed milk

1/2 cup (10 ounces) frozen strawberries

2 packages (10 ounces each) frozen strawberries

1 can (14 ounces) sweetened condensed milk

1 container (8 ounces) Cool Whip

1 can (20 ounces) crushed pineapple, with juice

2 1/2 cups (half of a 10-ounce bag) miniature marshmallows, colored variety if available

1/2 cup chopped nuts (optional)

Freeze until solid.

Use nuts, if desired.

Cole Slaw

Yield: 7-8 servings

1/2 cup mayonnaise, 1/2 cup vinegar

1/2 cup sugar, 1/2 cup salt, 1/2 cup oil, 1/2 cup vinegar

cup cabbage per person

- | | |
|-------------------|------------------------------|
| 4 cups mayonnaise | 1/4 teaspoon pepper |
| 1 cup sugar | 8 teaspoons prepared mustard |
| 1 cup vinegar | 2 teaspoon celery seed |
| 4 teaspoons salt | 1 1/2 cups shredded cabbage |

Corn Chowder

Yield: 4-6 servings

1/2 pound salt pork, cut into 1/4" dice

1 pound onions, chopped fine

5 pounds potatoes, peeled and diced

4 to 5 quarts water (to cover potatoes)

2 gallons milk

1 1-pound cans cream-style corn

salt to taste

2 teaspoons pepper

butter

1. Fry salt pork in a large skillet until browned. Remove and drain. Add onions and cook until softened. Add potatoes and water. Bring to a boil. Add milk, corn, salt, and pepper. Simmer for 1 hour. Add butter at serving time.

Fruit Bread Pudding

Serves 6

- 2 loaves raisin bread
- 2 cans (2 ounces each) evaporated milk
- 3 cups whole milk
- 5 eggs
- 3 ripe bananas, mashed
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 tablespoon vanilla extract
- 1 jar (6 ounces) pineapple jam or substitute another fruit jam

Preheat cooking spray

Cheese Strata

Serves 4 to 6

Preheat oven to 350°F. Grease a 9x13 inch baking dish.

- 48 slices day-old bread, trimmed of all crusts
- 2 pounds cheddar cheese, thinly sliced
- 6 eggs
- 16 cups milk
- 2 teaspoons prepared mustard
- 4 tablespoons minced onion
- 4 teaspoons salt
- 1/2 teaspoon pepper

Quick Chocolate Cake

Yield: Makes about 100 servings

PATRICIA A. JORDON, LADIES AUX SEVENS, GILMAN CONGREGATIONAL CHURCH,
GILMAN, NEW HAMPSHIRE

A very juicy and moist cake. Serve with frosting, whipped cream, or ice cream.

- 4 cups water
- 1-1/2 cups vegetable oil
- 1/4 cup vinegar
- 1-1/2 tablespoons vanilla extract
- 2 cups all-purpose white flour
- 3/4 cup unsweetened cocoa powder
- 4 cups white sugar
- 1-1/2 tablespoons baking soda
- 2 tablespoons baking powder
- 1-1/2 teaspoons salt

Preheat the oven to 350°F. Grease an 18-inch by 26-inch sheet pan.

In a large bowl, combine the water, oil, vinegar, and vanilla. Mix well. In a separate bowl, whisk together the flour, cocoa, sugar, soda, baking powder, and salt. Add the dry ingredients to the wet and mix until smooth. Pour into the prepared pan.

Bake for approximately 45 minutes or until a tester inserted near the center comes out clean. Cool in the pan.

Melba Ice Cream Sauce

Yield: 20 servings

MARGUERITE E. CLIFFORD, WOMAN OF THE MOON LUNAR CHURCH OF MICHIGAN,
KANSAS, NEW HAMPSHIRE

Served over ice cream or vanilla pudding, this wonderful combination of peach and raspberry is a good way to make a simple dessert really special.

- 1 jar (10 ounces) peach preserves
- 1/2 cup raspberry preserves
- 1/2 cup currant jelly
- 1/4 cup lemon juice

Combine all the ingredients in a medium-size saucepan. Heat until melted. Stir to blend. Cool.

Helpful Tips

for Putting on a Successful, Traditional New England Church Supper

Choosing a Date

Select your date carefully — check to make sure there are no conflicts, like school vacation or sports events, that will compete for attendance, and then get it on the town calendar early to discourage Johnny-come-latelys from upstaging you.

Menu

Choose *do-ahead* recipes to minimize last minute preparations. Keep it simple — a simple dish prepared well goes over better than an elaborate dish that's hard to prepare and few will appreciate.

Timeline

Start early, months ahead, and create a timeline of activities that are essential to your success. Set date, book venue, publicity, tickets — printing and advance sales, select and schedule *entertainment* or speaker, if any, menu, shopping, volunteers, organizing committee, promotion, sign, meal preparation, door ticket sales, table setting, table ware, table decoration.

Committee

Choose your committee wisely. Make sure to include one or two who were closely involved in previous years and one or two new faces who can learn the ropes and carry the tradition forward. Delegate committee tasks so no one person is overwhelmed by the undertaking: Chair, ticket sales — advance and on site, promotion, cooks (chef and prep), shopping, table setting, clean up, table decoration, food runners, entertainment, flower (at the dinner, in charge of keeping an eye out and make sure things run smoothly, billing in as needed).

Amounts to Serve One Hundred

FROM THE LIBRARY, NEW HAMPSHIRE COLLEGE, PURCHASED IN 1900
GIFT OF LYNN T. MACVIGOR

Soup	5 gallons
Chowder	6 gallons
Oysters (to be scalloped)	12 quarts
Fish	40-50 pounds
Meat for loaf or stew	20 pounds
Roast beef	40 pounds
Roast lamb	50 pounds
Baked ham	3 12-pound hams
Chicken	50 pounds
Chicken salad	15-20 pounds
Potato salad	24 quarts
Vegetable salad	20 quarts
Fruit salad	36 quarts
Mayonnaise	2 quarts
Beets	30 quarts
Cabbage (slew)	12 pounds
Celery	8 bunches
Lettuce	12 heads
Ice cream	16-20 quarts
Coffee	7-1/2 pounds, 5 gallons water
Whipping cream	1 quart cream not whipped makes 2 quarts of whipped
Rolls	18 dozen
Butter	4 pounds
Layer cakes	12
Pies	18

